December - Lesson Plan Grades K-I





Begin each nutrition education lesson with a short physical activity break from the card set provided by IDPH. Have fun and get active with your students!

Objectives

Learn the health value of broccoli.

Learn different ways to eat broccoli.

Supplies Needed

December
Pick a **better** snack[™] & **Act**bingo card

One bunch of raw broccoli

Tasting Opportunities

Featured vegetable: Broccoli

Background

Broccoli has been grown for over 2,000 years. Romans prized broccoli and by the 16th century it was eaten by families in France and Italy. Thomas Jefferson noted the planting of broccoli in his family garden in the late 1700's but it didn't become widely known until the turn of the 20th century.

Over ninety percent of the broccoli crop is grown in California. Two brothers, Stefano and Andrea D'Arrigo from Messina, Italy, arrived in the U.S. in the early 1900's. In 1922, they started their own produce company in San Jose, California. They were the first commercial growers in the West to successfully raise and ship box loads of broccoli. Their broccoli was developed from seeds sent from Italy by their father. They created a distinctive brand name for their broccoli – "Andy Boy" – and put a photo of Stefano's two-year-old son, Andrew, on the label. Theirs was the first fresh produce company in the U.S. to use a brand name on their advertising. (Harvest of the Month, February 2006)

Over 30,000 plants can grow in only one acre of land! WOW! A field may be harvested two to three times to remove all the broccoli. Ideally, broccoli should be harvested during the cooler months in order to ensure the longest storage time. It should be cut with 8 to 10 inches of stem left intact and the heads should be cooled immediately to prevent opening and discoloration. Broccoli may be packed in the field or transported to a processing facility where it is cut and packaged.

Broccoli is called the crown jewel of nutrition because it is so rich in vitamins and minerals. It has calcium and vitamins C and A. Half of a pound of broccoli has more vitamin C than two and a half pounds of oranges or 204 apples.

The word broccoli comes from the Italian "brocco" meaning arm branch. Broccoli is a member of the Cruciferae family which means it's related to cabbage, cauliflower, and Brussels sprouts. There are two types of broccoli:

December

Lesson Plan Grades K-I

VARY YOUR VEGGIES

sprouting/Italian broccoli (Brassica Oleracea Italica) the most common, and heading broccoli (Brassica Oleracea) which looks like cauliflower. The broccoli we eat is the flower of the broccoli plant. Other vegetables that are flowers include cauliflower and artichokes.

Web Site Resources

www.idph.state.ia.us/pickabettersnack www.fruitsandveggiesmorematters.org www.choosemyplate.gov

Do the Activity: Kindergarten

Pass around stalks of broccoli. Have them touch and smell the stalk. As a class write words that describe raw broccoli.

Ist Grade

Ask for two student volunteers. Take the students into the hall and give them a stalk of broccoli. Have them work together to compile a list of adjectives that describe broccoli. The students then return to the classroom and give their list to the class verbally, "This vegetable is _____." Write the adjectives on the board. Ask the rest of the class to identify what vegetable is being described.

Tally the answers provided by classmates.

Talk It Over:

How many of you have tasted raw broccoli before today? A common way to serve it is on a vegetable snack tray with dip. **Dip. Eat. How easy is that?**

What are other ways families eat broccoli?

- Cut up in pieces for salads (for example, broccoli salad and pasta salad)
- Cooked and served as a dark green vegetable at meals. (Sometimes families like to flavor the broccoli with cheese.)
- Mixed into casseroles
- Broccoli cream soup (Could be added to vegetable soup, too!)
- Stir-fried (Broccoli and beef...yum!)
- Quiche with broccoli

In first grade, discuss the change in texture and color that occurs with cooking. Review the parts of the broccoli plant that we eat.





December

Lesson Plan Grades K-I

VARY YOUR VEGGIES

Apply:



Tasting Opportunity

Pick a **better** snack[™] reminds you that it is easy to eat vegetables as snacks.

Have the students wash their hands. Cut broccoli into bitesized florets. Give each student a small amount of a low-fat Ranch Dressing. Taste broccoli without dipping into the dressing first, then taste with dressing. Students can then put an "X" through the bingo square of broccoli if they tasted it.

What would you do (with adult help) to broccoli to get it ready to eat as a snack?

Broccoli – Wash. Eat. (How easy is that?)
Broccoli – Wash. Dip. Eat. (How easy is that?)

Take the bingo card home and have your family try out the fun ideas on the back. How will you get a bingo this month?





VARY YOUR VEGGIES

Extend the Activity



Art, Music & PE

Play a variation of a familiar rhyme "Bubble Gum." (Wee Sing and Play by Pamela Conn Beall and Susan Hagen Nipp) Change the words to:

Broccoli, broccoli in a dish. How many pieces do you wish?

The students stand in a circle. The student who is "It" will point to the others in turn to the beat of the rhyme. The student who is pointed to on "wish" will answer with a number from one to ten. The rhyme continues as all the students count to that number maintaining a steady beat. The game could continue on with the student who answered with a number being the new "It."



Language Arts & Reading

Read <u>Green Eggs and Ham</u> by Dr. Seuss. Encourage students to make text-self connections concerning trying new foods that are green.



Math

Create a graph with the heading "Do you like broccoli?". Tally yes/no answers to specific items such as broccoli vegetable salad.

Ask "What part of the plant are you eating when you eat broccoli?" *Flower*



Science & Health

Name vegetables that come from different parts of the plant. Cucumber and eggplant are consider the fruit of their plants, cabbage and spinach are leaves, carrots and radishes are roots, green beans are a seed pod, asparagus and celery are stems, and potatoes and yams are tubers.



Social Studies

Ask "Where does broccoli grow?" *Mainly California, but is now grown in nearly every other state, including lowa.* Find California and lowa on a map.



